

MY CHILD'S ECZEMA PLAN

**REMEMBER: DO SOMETHING FOR YOUR
CHILD'S ECZEMA EVERYDAY!!**

1 Bathing – keeps skin clean and moist

- ☐ Soak in bathtub every day for 15 minutes using lukewarm water and a mild soap, such as Dove sensitive skin, Cetaphil, or _____.
 - ☐ Add $\frac{1}{4}$ - $\frac{1}{2}$ cup (2-4 fluid ounces) of regular/plain bleach to full 40-gallon bathtub _____ times per week.
 - ☐ For baby bathtub, add 2 teaspoons regular/plain bleach per gallon _____ times per week.
- ★ *Pat dry after bath and IMMEDIATELY apply medications and moisturizers.*

2 Healing creams and ointments – heal eczema

For flare-ups (bad days)...

- ☐ Apply _____ cream ointment to eczema on **BODY** 2 times per day.
- ☐ Apply _____ cream ointment to eczema on **FACE** 2 times per day.
- ☐ Apply Elidel Protopic ointment to eczema on FACE and BODY 2 times per day.
- ☐

For good days...

- ☐ Apply _____ cream ointment to eczema on BODY 2 nights in a row per week or 2 times per day.
- ☐ Apply _____ cream ointment to eczema on FACE 2 nights in a row per week or 2 times per day.
- ☐ Apply Elidel Protopic ointment to eczema on FACE and BODY 2 times per day.
- ☐

★ *Call your doctor if flare-up lasts longer than 1 week*

3 Moisturizers – keeps skin moist & forms a protective barrier

- ☐ Apply LARGE amounts of Vaseline, Aqua-phor, or Hydrolatum MANY times daily to all areas of eczema and dry skin.
- ★ *Apply IMMEDIATELY after a bath to lock in moisture!*
★ *Your child's skin should look and feel moist and greasy at ALL times!*
★ *CeraVe cream may be used for special occasions if a non-greasy moisturizer is desired.*

4 Itch medications – decrease itching, improve sleep

- ☐ Give hydroxyzine (also known as Atarax) or diphenhydramine (also known as Benadryl) by mouth at night.
 - ☐ Give hydroxyzine (Atarax) or diphenhydramine (Benadryl) by mouth _____ times per day.
 - ☐ Give cetirizine (also known as Zyrtec) by mouth each morning.
- ★ *Keep your child's nails very short, and try putting them to bed with mittens or socks on their hands, or sewing sleeve openings shut. Apply ice pack to very itchy areas to decrease itchiness without scratching.*

5 Antibiotics – kill germs, fight skin infections

- ☐ Give cephalexin (also known as Keflex), clindamycin (Cleocin), or trimethoprim-sulfamethoxazole (Bactrim) by mouth _____ times per day for the next _____ days.
 - ☐ Apply mupirocin (also known as Bactroban) or retapamulin (Altabax) ointment to areas of broken, crusted, or bleeding skin _____ times per day.
- ★ *Some signs of worsening skin infection are increased redness, tenderness, swelling, drainage, crusting, fever, and lumps/boils in the skin. Call your doctor if these signs develop.*

6 Special instructions

- ☐ Avoid scented powder laundry detergents, fabric softeners, and dryer sheets. Use a mild liquid detergent and add an extra rinse cycle. Wash new clothes before wearing. Loose cotton clothing is preferred.
- ☐ Wrap skin with wet cotton gauze wrap covered by dry ace wraps or long cotton tube socks (with bottom cut off).
- ☐ Avoid the following things that might worsen your child's eczema: